

## Chicken Teriyaki *Lunch Day 9*

**Preheat oven to 325 degrees F.**

**Baking time 2 hours**

Ingredients:

3 cups soy sauce

3 cups water

4 cups white sugar

4 cups (2 lbs.) brown sugar

3 tablespoons ginger

40 - 50 pieces of chicken (thighs and or drumsticks)

1. Mix together soy sauce, water and ginger.
2. Add sugars and stir together.
3. Place chicken in a large shallow pan.
4. Pour marinade over chicken.
5. Chill over night in refrigerator.
6. Bake chicken at 325 degrees F, turning chicken after 1 hour.
7. Bake for second hour.

**Makes 20 - 25 servings using 1 thigh and 1 drumstick.**

Each serving is 3 ounces of meat and 21 grams of protein.

Serve with rice.